

Yeshiva University, Cardozo School of Law

LARC @ Cardozo Law

Event Invitations 2016

Event Invitations

10-21-2016

Come-As-You-Are Yoga

Cardozo Law Library

Follow this and additional works at: <https://larc.cardozo.yu.edu/event-invitations-2016>

Recommended Citation

Cardozo Law Library, "Come-As-You-Are Yoga" (2016). *Event Invitations 2016*. 2.
<https://larc.cardozo.yu.edu/event-invitations-2016/2>

This Book is brought to you for free and open access by the Event Invitations at LARC @ Cardozo Law. It has been accepted for inclusion in Event Invitations 2016 by an authorized administrator of LARC @ Cardozo Law. For more information, please contact christine.george@yu.edu, ingrid.mattson@yu.edu.

Subject: TOMORROW (Oct. 21st) at 8:30am: Yoga in the Library

Come-As-You-Are Yoga



Fridays

8:30am - 9:15am

7th Floor of the Library, 5th Ave alcove

You can wear whatever you want, but you might be most comfortable in clothes with a little bit of stretch. Other than that, bring a mat or a towel. No experience will be assumed or required.

For those who cannot make it tomorrow, here is a 7-minute meditation and short article on mindfulness.

See you tomorrow!

The Law Library Staff